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The Soldier's Blue Book: Guide for Initial Entry Training Soldiers - Army as a Profession, BCT, OSUT, AIT, Appearance and Uniforms, Health, Discipline, ... Duty Station, Physical Readiness, Army FM1

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This is the guide for all Initial Entry Training (IET) Soldiers who enter the Army. It provides an introduction to the Army. Throughout the Blue Book, Soldiers will read and learn about Army Values, Culture, History, Organizations, and Training they will receive. It provides assistance with pay issues, leave, Thrift Saving Plans, and organizations that will be available to assist the families. The Soldier's Blue Book is an inspectable item and will be carried at all times.

Training to standard and gaining the inner strength to adapt and overcome adversity became the theme for our Army's training model. Baron von Steuben, by then the Army Inspector General, wrote the Regulations for the Order and Discipline of the Troops of the United States—now commonly referred to as the Blue Book— as an instructional guide for future generations. This book consists, as our modern version does now, of detailed training procedures, the standards of military conduct, and the fundamentals every Soldier needs to know for them to succeed.

Chapter 1 - The Army * 1-1. Why we have an Army * 1-2. What the Army uniform represents * 1-3. Why We Serve * 1-4. The Army's Motto - "This We'll Defend" * 1-5. Oath of Enlistment * Chapter 2 - The Army as a Profession * 2-1. The Army Profession * 2-2 What it means to be a Soldier * 2-3. How We Conduct Ourselves * 2-4. Who We Are Not * 2-5. The Army's Commitment to You * 2-6. The Journey Begins * Chapter 3 - The Reception Battalion * 3-1. The Path * 3-2. Critical Information Needed Upfront * 3-3. The Battle Buddy System * 3-4. Army Values * 3-5. Sexual Harassment /Assault Response & Prevention (SHARP) * 3-6. Suicide Prevention * 3-7. The Soldier's Creed and Warrior Ethos * 3-8. The BCT / One Station Unit Training (OSUT) / Advanced Individual Training (AIT) "Golden Rules". * Chapter 4 - BCT / OSUT / AIT * 4-1. What to Expect. * 4-2. The Training Company - Your Unit * 4-3. Safe and Secure Environment * 4-4. Drill sergeants * 4-5. The Soldierization Process * 4-6. Military Time * 4-7. Daily Schedule * 4-8. Basic Combat Training * 4-9. Warrior Tasks and Battle Drills * 4-10. BCT Graduation Requirements * 4-11. AIT/OSUT * 4-12. What is the Difference between drill sergeants and AIT platoon sergeants? * Chapter 5 - Personal Appearance and Uniforms * 5-1. Personal Appearance * 5-2. Army Combat Uniform (ACU) * 5-3. Army Service Uniform (ASU) * 5-4. Awards and Decorations * Chapter 6 - Critical Information Required for BCT / OSUT / AIT * 6-1. Rank Insignia * 6-2. Customs and Courtesies * 6-3. Bugle Calls * 6-4. Drill and Ceremonies * Chapter 7 - Physical Readiness * 7-1. Improved Physical Fitness Uniform (IPFU) * 7-2. Army physical fitness test (APFT) * 7-3. APFT Standards * Chapter 8 - Health and Safety * 8-1. Nutrition * 8-2. Sleep * 8-3. Hygiene * 8-4. Comprehensive Soldier Fitness * 8-5. Chaplains * 8-6. Risk Management * Chapter 9 - Discipline * 9-1. Uniform Code of Military Justice (UCMJ) * 9-2. Equal Opportunity Policy * 9-3. Policy on Relationships between Soldiers * 9-4. SHARP * Chapter 10 - Reference Material * 10-1. The National Anthem * 10-2. The Army Song * 10-3. The Code of Conduct * 10-4. General Orders/Special Orders * 10-5. Guard Duty * 10-6. Army Organizations * Chapter 11 - First Duty Station * 11-1. Where Will I Serve? * 11-2. How Can I Prepare? * 11-3. Promotions * Appendix A -

Army Resources * A-1. Leave and Earnings Statement * A-2. Managing Personal Finances * A-3. Tri-service Medical Care (TRICARE) * A-4. Service members' Group Life Insurance (SGLI) * A-5. Dental * A-6. Army Emergency Relief * A-7. Soldier For Life and Credentialing * A-8. Information Websites for Family Members * Appendix B - Soldier's Notes * Glossary * Army Definitions

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